RHYMES AND RIGMAROLES by R. F. Palmer, S.S.J.E.



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Watch and Pray, Every Day.



Religion is being Friends with God.

Prayer is Talking with God.

Morning Prayer.

TUNE-Jesus Loves Me.

Every day I bend my knee
To God my friend who cares for me.
I talk with him, he talks with me,
Speak, Lord, thy servant heareth thee.

I thank our Father, I say I'm sorry, I ask his blessing, I listen unto him.

Evening Prayer.

God bless this house from roof to floor, The twelve Apostles guard the door, And four good angels watch my bed, Two at the foot and two at the head.

Why God made me.

TUNE—Three Blind Mice.

God made me. God made you.

To know him and love him and worship him too,
And never forget him in all that we do,
And make others happy and work for them too,
God made me.

I have two feet to walk to Heaven on— MY DUTY TO GOD, and MY DUTY TO OTHER PEOPLE. Don't try to hop to Heaven.

Good choices are steps towards Heaven. Bad choices are steps away from Heaven.

Walk in Jesus' footsteps And you will make no bad choices.

The Ten Commandments are fence posts To keep us on the right road.

Baptism and Confirmation.

Jesus took the children up in his arms.
THAT'S LIKE BAPTISM.

He laid his hands upon them and blessed them. That's LIKE CONFIRMATION.

Point to the font and say:

There's where I first met Jesus.

Confirmation means making firm. Firm like a rock, not wobbly like Jello. Don't let the devil push you around.

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The Christian's Sign.

When I was baptized long ago,
The priest made a cross* on my brow.
When I pray I cross† myself
To Beckons to God to send me help
For Jesus' sake who died on the Cross‡
For he's my Friend and he's my Boss.

- * Make a small cross on forehead with thumb.
- * Make the sign of the cross.
- § Beckon with the finger.
- * Point to the cross on the wall.

Going to Church every Sunday.

Every Sunday I go to Church, It is God's House you see. I take him a present of all my love,

And promise his friend to be.

Every Sunday I must go

To God's House to see my friend Who has promised to be there Under forms of Bread and Wine: Jesus is my friend and thine.







TUNE—Oranges and Lemons, or London Bridge.
Oranges and Lemons,
The hells of St. Alberts (of St. Jahn's Church)

The bells of St Alban's, (of St John's Church)
Ringing like Heaven

Each Sunday at eleven.

There I shall be.
If you don't believe me
Just come and see.

Here comes my Mother to waken me, If I don't get up, late I'll be, So One, Two Three—off go the clothes.

Reverence.

When I go to the house of a friend I always nod good day.
When I go to the House of God I bow and then I pray,
And I bow again when I go away.

When the Sacrament's on the Altar
I put my knee to the ground;
Like the three Wise Men I worship Jesus
Wherever he may be found.

When I see the Lamp and the Veil I know the Sacrament's there; I put my knee upon the ground And offer a little prayer.



The Food of the Soul.

Jesus is the food of the soul.

I have two hands to take him with—
PRAYER and HOLY COMMUNION.

If I were to eat no food at all
I should not live very long;
Our souls as well as our bodies need
Good food to make them strong.
In Communion our souls are fed
With Jesus the true and living Bread.

The Lord's Own Service.

In Communion we worship Jesus
As Wise Men used to do.
In Communion we offer Jesus,
We offer ourselves too.
In Communion we take Jesus
To be our heavenly food,
We let him into our hearts
Because we want him to make us good.

House of Bread.

A baby in a box of straw Was all of God the shepherds saw, But they had heard the Angels sing, And so they worshipped him as King.

But now he comes to us instead
Within a little House of Bread,
And as the shepherds worshipped, we
Adore him in this Mystery
—Selected.

Fasting.

When I go to make my Communion I take no food before I go:
Heavenly food before earthly food Is the proper respect to show.

Friday is the day I don't eat meat,
For Jesus died on a Friday:
On Friday he gave up so much for me
That I want to remember which day it be.

Sin and Confession.
Sin comes from the misuse of God's good gifts.

Heaven is not miles away. It is so much goodness away that I lack.



Before I go to my Communion
I must confess my sin:
The wrong things I have said and done,
The thankless child I've been.

I'll ask the Lord to pardon me
For Christ our Saviour's sake,
I'll be good friends with everyone,
And a new start I'll make.



At my baptism I was put Safe in the arms of Jesus. When I sin I do it Right in the arms of Jesus.

If I do a little sin

He finds it hard to hold me;

If I do a very wrong thing

His arms cannot enfold me.

If I fall from his loving arms
Can I be restored?
Only by a good confession
Before a priest of the Lord.

I confess to Jesus himself,
He is the one who hears me,
He is the one who forgives my sin,
He uses the priest to tell me.

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Perseverance.

The five finger exercises for playing the harp in heaven.

- (1) My thumb teaches me to speak with God in prayer every day.
- (2) My pointing finger teaches me to go to Church every Sunday.
- (3) My regular finger teaches me to go to Communion regularly.
- (4) My weak finger teaches me to fast. (Self-denial.)
- (5) My little finger teaches me to do everything for God. (Get up for God, go to school for God, eat dinner for God, learn spellings for God, do chores for God, play in school-yard for God, say prayers for God, go to bed for God.)



I'll worship Jesus through this day In everything I do or say.

Procession round the Church.

TUNE—Here we go round the Mulberry Bush.

This is the way we go to Heaven, go to Heaven, go to Heaven.
This is the way we go to Heaven, Following our Lord Jesus.

First of all we come to the font, etc. Following our Lord Jesus.

This is the way we learn to pray, etc.

Next we go to Sunday School, etc.

Every Sunday we come to Church, etc.

Then we come to be confirmed, etc.

Then we go to the Altar of God, Altar of God, Altar of God, Then we go to the Altar of God, Worshipping our Lord Jesus.

TUNE—Three Blind Mice.

We boys and girls. We boys and girls. We all run after the saints of God, And try to tread in the path they trod, And clamber up the heavenly road, We boys and girls.

Please pray for us. Please pray for us.
Mary, Mother of our dear Lord,
Saints of God who obeyed his word,
Michael the Archangel draw your sword
And please pray for us.

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Sing a Song.

Sing a song of Mary,
A pocket full of joy.
Four and twenty angels
Singing of her Boy.

When the skies were opened
All began to sing,
Glory in the highest
Be to Christ the King.

Joseph in the stable
Made a bed of hay
For the maiden Mary
Where the cattle lay.

Mary took the baby
In her gentle hands,
Laid him in the manger
Wrapped in swaddling bands.

When the door was opened Shepherds entered in, Wasn't that a funny place To find the little King.



Not My Way but God's.

When you pray you will not say, Give me all I want today. Rather say, O Lord, I pray Give me what YOU wish today.

When you pray you talk with God,
Learn to know his love and might.
Do not pray to get your way,
Pray to love and do the right.

God will hear and answer prayer,
This the Scriptures plainly show.
Often he will answer, Yes.
Sometimes he will answer, No.

